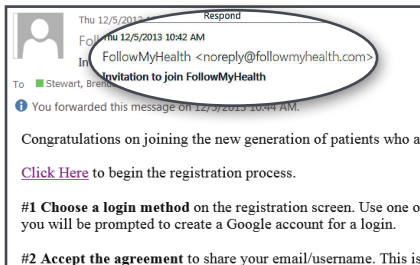


Proxy Registration Instructions

With the all-in-one personal health record and patient portal, accessing your child or dependent adult's medical information from any computer, tablet or smartphone is easier than ever!

Just follow these simple steps to get connected today!

1



Check your Email. You will receive an email from noreply@followmyhealth.com. Click the registration link and follow the onscreen prompts.

2



Log In to Your Portal Account. If you have an existing portal account, login using your standard method. Once logged in, see **Register as a Proxy** on page 2 of these instructions.

-OR-

Don't have a Portal Account?

Click Create an Account. Enter YOUR contact information (not your loved one's) and click "I Accept."

3

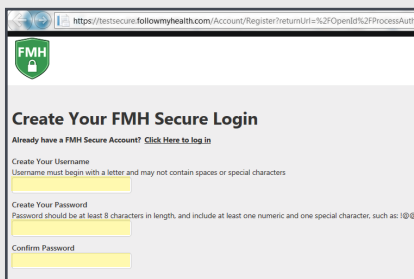


Choose a Login Method. Create a username and password for your portal account by clicking the FMH Secure Login icon.

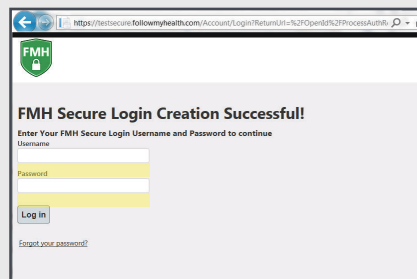
-OR-

Or use an existing username and password from Facebook, Gmail, Yahoo, Windows Live, or CernerHealth by clicking the respective icon.

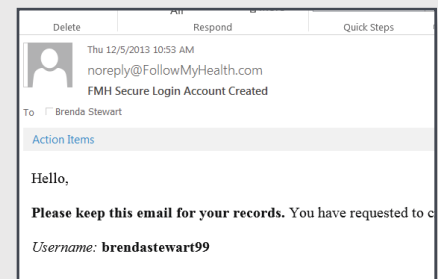
If You Are Creating a FMH Secure Login Account, Follow These Easy Steps:



Provide a unique username and password, along with your email and hit *Continue*.



Enter your FMH Secure Login username and password.



Print and **save** the email containing your username. You will need it if you lose your username or password.

Register as a Proxy. Follow the onscreen prompts to enter an **Invite Code** (provided by Quillen ETSU Physicians). Click “I Accept” and you will be taken to YOUR portal account.

Register as a proxy

Step 1: Welcome

Welcome Laura,

You have been invited to have access to Joradgo18 Ztrest's Universal Health Record(s). These screens will take you through the 5-step process of connecting to their Universal Health Record(s). Please allow sufficient time to complete this process from start to finish. If your session is interrupted, you will be asked to start again from the beginning.

Please click "Next" to continue.

[Next](#)

Register as a proxy

Step 2: Enter Invite Code

The invite code is a secret between the patient and the healthcare provider with whom you are connecting. If you were not given a code directly from your provider, it will most likely be either the last four digits of your social security number or year of birth (yyyy). Remember, if you are setting up a proxy account for a child or dependent adult, the code applies to that patient and will be the full or last four digits of social security number or year of birth (unless you were given a specific invite code from the provider for that patient).

For more information, please refer to the invitation email you received from noreply@followmyhealth.com or contact your provider.

Invite Code

[Next](#)

Register as a proxy

Step 3: Release of Information for Joradgo18 Ztrest

Please review this Release of Information for [Joradgo18 Ztrest](#) and click "I Accept" or "I Decline" below.

FollowMyHealth Authorization

By signing where indicated below, I hereby authorize:

(1) Joradgo Pro Test Site and all of its affiliated health care providers to disclose the following information to the FollowMyHealth portal and its administration and operators:

All data and health information about me maintained by (1) Joradgo Pro Test Site related to the following types of records or information: (b) billing and account statements, prescription drug information, secured e-mail transmissions between myself and (1) Joradgo Pro Test Site, and (c) clinical testing and laboratory results, including but not limited to, genetic testing information, mental health treatment information (excluding psychotherapy notes), infectious disease information (including HIV status), information regarding mental, physical or sexual abuse;

[I Accept](#) [I Decline](#)

Register as a proxy

Step 4: Authorized Individual Acceptance for Joradgo18 Ztrest

Please review this Authorized Individual Acceptance for [Joradgo18 Ztrest](#) and click "I Accept" or "I Decline" below.

FollowMyHealth

Authorized Individual Acceptance - Full Access

You, Maria Test, are being granted access to the online medical information of another person. By clicking the Accept button, you are verifying that you have the right to access this information, granted to you by Joradgo18 Ztrest. If you feel that you've received this access in error, please contact FollowMyHealth.com.

By accepting where indicated below, I acknowledge and agree that Joradgo18 Ztrest (hereafter "Customer") has authorized me Maria Test (hereinafter, "me" or "Authorized individual") to have full access to Customer's FollowMyHealth personal health record. By authorizing me to have full access to Customer's FollowMyHealth account, I acknowledge and agree that I may:

Review and update Customer's personal health record as maintained on FollowMyHealth.

[I Accept](#) [I Decline](#)

Registration and Connection is Now Complete

At the top of your portal page, you'll see a dropdown arrow next to **Hello, Name**. Click the name of the child or dependent adult whose account you wish to access.

Register as a proxy

Step 5: Upload Health Record for Joradgo18 Ztrest

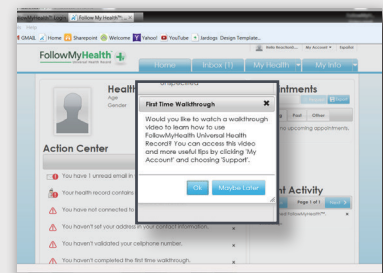


Retrieving Medications...

View The First Time Walk-Through Video

Learn about all the tools your portal has to offer by watching this 3-minute video.

If you wish to view this video later, you can access it by clicking on the **My Account** dropdown in the right hand corner and selecting **Preferences**.



Congratulations! You now have 24/7 secure, online access to our patient portal and your loved one's medical information!